

An examination of conscience:

A few words to trigger a memory of sin, this is not a complete list by any means, some items are obviously less serious than others

† Mass on Sundays and Holy days.

- Family attendance
- Work on Sunday
- Communion after missing Mass

† Denial of Faith:

- Joining in or belief in evil rites
- Mockery of God, His church or religious symbols
- Taking His name in vain
- Perjury
- Hatred, anger, physical or verbal abuse of another
- Abortion
- Self abuse
- Drinking and endangering self or others
- Drugs, smoking, overeating
- Letting health deteriorate

† Family Responsibilities:

- Denial of essential needs, love, religious education, moral values, time together
- Infidelity, adultery, fornication, sexual refusal or force or perversion
- Neglect of parents or children or other dependent family members

† Justice:

- Work undone or incomplete
- Stealing; damage to property; unfairness or favoritism; mismanagement; cover-up of dishonesty or of poor workmanship; laziness
- Unpaid bills, taxes
- Going along with a crowd in an unjust activity or conversation

† Truth:

- Lies, unfairly revealing others' faults or crimes; revealing secrets; defaming people

† Authority:

- Rebellion, disrespect, backbiting, troublemaking

† Envy, lust, avarice, pride:

- **Mental** attitudes or habits that lead to other sins – even if not carried out
- Degrading entertainment

† Some obligations that lead to a happy life:

- Prayer, every day
- Learning and growing in knowledge, understanding and wisdom
- Love of God, family, other people, self
- Service to God, family, people in need

Act of Contrition

ACT OF CONTRITION

1:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven, and the pains of Hell; but most of all because I love Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

2:

Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishment. But most of all I offended Thee, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

3:

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us. In His Name,

My God, have mercy.

Sacrament of Reconciliation

When you sit down with the priest.... *Bless yourself and say:*

Please bless me Father, for I have sinned, it has been _____ since my last confession. These are my sins.

(Tell the priest your sins.)

The priest may speak with you about how you may do better and he will ask you to do something. This is your penance. For your penance he may ask you to say a special prayer like a 'Hail Mary' or the 'Our Father.'

You will now say the Prayer of Sorrow:

The Prayer of Sorrow *(there are a few different versions)*

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

The priest will pray over you offering 'Absolution' from all your sins.

The priest says" "Through the ministry of the Church, my God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."

We answer: "Amen."

The priest says: "Give thanks to the Lord, for He is good."

We answer: "His mercy endures forever."

You can then go back to your pew and carry out the penance that the priest gives to you.

The Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you! Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

Glory to the Father (Doxology)

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen

I Confess (Confiteor)

I confess to almighty God, and to you my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you my brothers and sisters, to pray for me to the Lord our God.

The Jesus Prayer

Lord, Jesus, Son of God, have mercy on me a sinner. Amen

Examination of conscience based on Love of God, self and neighbor:

- Do I love God with all my heart?
- Do I remember to pray every day?
- Do I always use God's name in a loving and prayerful manner and never in angry or joking manner?
- Do I listen to God's Word at Mass?
- Do I try to love others as Jesus commands, even when it isn't easy?
- Do I go to Mass because I want to worship God and not just because my parents or teachers make me go?
- Do I obey and listen to those people who bring God's love to me – priests, teachers and parents?
- When I fail to love as I should, do I pray for the grace to love more?
- Do my actions show my love for Jesus and my faith in God?
- Do I lie, cheat on tests or schoolwork, steal, make fun of anyone, and fight with brothers, sisters or classmates?
- Do I share with others and careful with things that belong to others?
- Do I treat my body with respect?
- Do I take care of the beautiful things God has put in our world?
- Do I forgive others as God has forgiven me?

How Much Do I Love God?

- Do I pray to God?
- Do I remember to pray every day?
- Do I thank God for all he has done for me?
- Do I always say God's name with love?

- Have I used God's name in the wrong way
- Do I keep Sunday holy by going to Mass?
- Do I listen carefully to God's word at Mass
- Do I participate in songs & prayers at Mass
- Do I remind myself I'm in God's house & behave as I should?

How Much Do I Love Others

- Do I obey my parents?
- Do I always talk nicely to my parents
- Am I kind to my brothers and/or sisters
- Am I kind to my classmates at school & obedient to my teachers?
- Do I ever hurt others by calling them names?
- Do I make fun of anyone?
- Do I fight with brothers, sisters or classmates?
- Do I always tell the truth?
- Do I every make promises I do not keep?
- Have I told lies to anyone?
- Do I ever cheat on tests or schoolwork?
- Do I take things that don't belong to me?
- Do I share with others?
- Am I careful with the things that belong to others?
- Do I treat my both with respect?
- Do I take care of the beautiful things God has put in our world?